



# ACTION

PHYSICAL THERAPY & SPORTS MEDICINE



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## WHY STAY ACTIVE IN WINTER?

### Here's why.....

While the 'chill' in the air is a nice change from Southeast Louisiana's balmy, foggy, and unpredictable weather pattern, it usually brings the following 'concerns' to our activity plans or willingness to stay active:

#### We are less active.

The daylight drifts away a little faster these days, as does our willingness to get up, get out, and get going. Decreased movement leads to muscle atrophy, stiffness and soreness. Though harder to do, it is worth finding creative ways to gain some sunshine, outdoor time and ensure you don't fall into the pattern of doing nothing. The experts at Action PT are happy to offer you relief from any stiffness or soreness you may be experiencing from staying dormant.



#### Gaining weight.

Because it's easier to stay inside and remain dormant, hence less active these days, add to that the holiday parties, and hefty meals - including fattier, richer gravies, creams, breads and broths that come with winter recipes - we are more prone to gain weight which places stress on our joints. All that can lead to atrophy and degeneration of your overall condition and health. A physical therapist can help you develop activity that can keep your waistline or muscle tone in tact this winter.

#### Stiff joints.

Our joints aren't being as lubricated with inactivity and won't function as we'd like in colder weather. "Squeaky wheels need oil" as do our joints. Connect with the therapists at Action PT and learn ways to make your healthy joints a priority.

*Get up.*

*Get outside.*

*Get going this winter.*

## Winter Activities.

Luckily, our winter in Louisiana won't last long and rarely offers life-threatening conditions, such as blizzards. Additionally, it is not likely for us, here, to find the local ski slope or ice rink to get outside. But, a brisk walk, a yoga session or aerobic workout at a gym or among friends are all great ideas to MOVE this winter. Then, there are those avid runners, and soccer athletes this time of year. Be learned on your overall condition and stamina. Stretch and hydrate before and after activity - doing so can assist with overcoming soreness or injury quickly.

## Weather Concerns.

Though winter here is not as brutal as our neighbors to the north face, there are concerns for below freezing temps that one must allow for and could cause health problems. Frozen, slippery driveways, sidewalks, and parking lots can pose a fall threat; and require good reflexes, balance and coordination. At Action PT, we do more than rehabilitate, we also help prevent injury.

## Poor posture.

So as not to put added pressure on your spine by sitting, lying around, slouching during downtime or indoor boredom, let our therapists improve your posture this winter. We can help show you ways to self-correct your habits and discover a healthy alignment for your lumbar region.

*Celebrate & Appreciate your Physical Therapist*



The experts at Action Physical Therapy & Sports Medicine offer you personalized care, a sanitary and supportive atmosphere focusing on proper healing, relieving any pain and reaching your health goals set forth in your plan of care!

In 2025, Action PT remains committed to offering every patient our hands-on approach to healing. At each visit, our patients are offered one-on-one time with an assigned therapist. We take pride in listening carefully to the concerns and questions that you may have throughout your progress with us. While numbers and percentages take priority at other facilities, our focus remains on the entire patient that we work hard to heal. We are proud to still offer a personal touch to health care and getting to know our valued patients.

SHOW ACTION PT YOUR "LOVE"  
SCAN THE QR CODE, &  
LEAVE US A LOVING REVIEW ON GOOGLE

**Between now and February 14th, all 'new reviewers' will be placed in a drawing to receive an AMAZON gift card, JUST IN TIME to spend for your loved one on VALENTINE'S DAY**







# Dry Needling Is it for YOU?

## BENEFITS:

- Eases joint & muscle pain
- Loosens stiff muscles
- Increases range of motion & flexibility
- Promotes healthy blood flow
- Improves oxygen circulation

An effective form of physical therapy, dry needling helps with pain and tension of an injured area. Our team of therapists are specially trained and can create a custom plan of care .



Our team of experts, possess a combined total of 55 years in the industry. An initial PT evaluation determines a candidate for this therapy; then, each needling session will be:

**\$50**/visit

Call us to schedule:

**985.641.2866**

\*Initial PT evaluation will likely fall under your insurance coverage.





# Say it aint "snow"!

On January 21, 2025 our Slidell community experienced a weather occurrence of a rare snowfall as part of a historic winter storm. The storm brought anywhere from 6 to 10 inches of snow in various locations throughout our city. It was the snowiest day in over 100 years for the metropolitan New Orleans area.

## What exactly happened?

- The storm was caused by a combination of Arctic air and moisture from the Gulf
- The storm was fueled by the polar vortex
- The storm brought low visibility and strong winds
- The storm led to record low temperatures

## What was the impact to our area?

- Slidell tied its all-time cold record of 8° F
- The storm brought joy to residents, who built snowmen, and had snowball fights.
- The storm caused hazardous road conditions, leading to school and business closures.



## Who is that?

Meet Action PT's Patient Care Coordinator, Mrs. Sherri Dutreix.

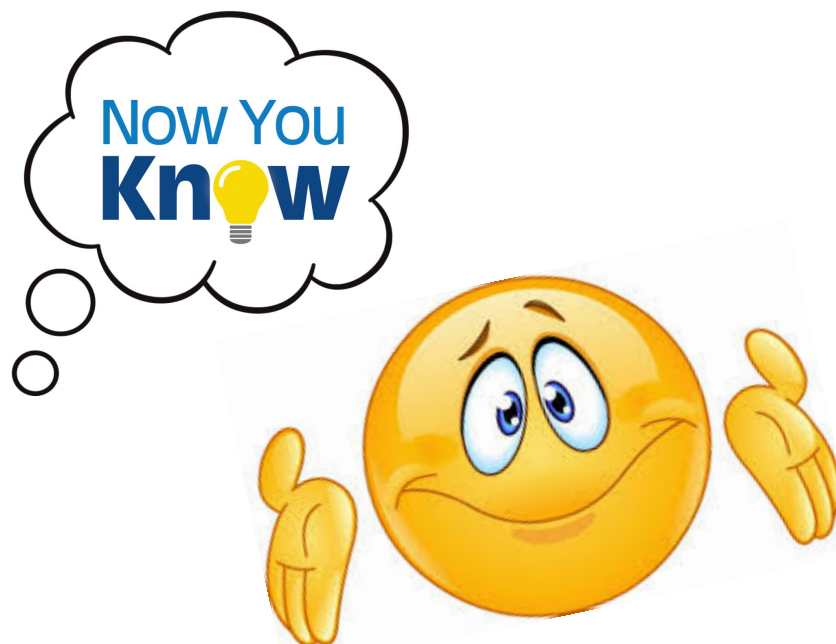
Sherri joined our staff two years ago after more than twenty years of serving in other marketing and customer service positions. She and her husband, Lonnie, will be married 35 years; and she is the proud mother of five children. Her main responsibilities are dedicated to our front office; but go beyond scheduling our patient load and verifying benefits and coverage. Mrs. Dutreix takes pride in providing every patient a pleasant welcome and comforting experience during their time with us in therapy. She advocates for patients requiring authorizations from their carriers for PT. Additionally, she works behind the scenes on our social pages and composing items like our monthly newsletter or media ads; and is working to make our medical records completely digital.



So what brought her to us? Says Mrs. Dutreix, "I was at a cross roads just over 2 years ago. Undecided if I was ready to retire with my husband or utilize my talents in a new capacity. I wished to originally return to the workforce on a part-time basis; but, soon realized that my presence at Action PT was needed in a full-time capacity. And, because this is such a friendly atmosphere to be, I knew my calling was to return to full-time. I am so grateful to be among people who are - well, frankly - happy doing what they do, and who appreciate the importance and value of every employee here, as well as show compassion in the care they provide to every patient! It also warms my heart to make patients comfortable and 'help them find their smile' in what may be an unfamiliar or even unwanted situation (meaning those who had to face surgery and experience pain); because, our therapists know what they're doing and give 100% care to the people they treat here, until they are discharged."

On a personal note, she brings a special character to our facility with birthday celebrations, holidays and other memorable events. She's a take-charge kind of gal, an organizer, an ideal Aquarius (Google it), and a keeper. We are happy to have her here at Action PT.

Now, you know!





# WE'RE BACK IN ACTION

We are proud to have promoted all of the following patients from therapy as well as those who wished to remain "faceless" since the release of our last, monthly newsletter:



**Amanda**



**Erin**



**Julia**



**Glenn**



**Verna**



**Sarah**



**Mackenzie**

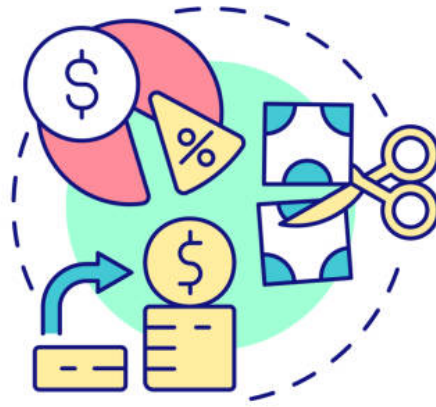


**Joshua**



**Caitlyn**





## Deductible RESET in 2025

Payments owed for Physical Therapy benefits may have increased as many patients need to fulfill a new deductible before a copayment or coinsurance will apply. All are encouraged to check with your insurance carrier for any changes to your policy or coverage in 2025.



<https://www.facebook.com/ActionPTSports/>



5 Star Customer Rating

